



**FOOD**

# go-to meals

**MEAL:**



PREP TIME:

NOTES:

COOK TIME:

FROM THE KITCHEN OF:

Notes area for the first meal, consisting of a large empty space with horizontal dotted lines for writing.

**MEAL:**



PREP TIME:

NOTES:

COOK TIME:

FROM THE KITCHEN OF:

Notes area for the second meal, consisting of a large empty space with horizontal dotted lines for writing.

**MEAL:**



PREP TIME:

NOTES:

COOK TIME:

FROM THE KITCHEN OF:

Notes area for the third meal, consisting of a large empty space with horizontal dotted lines for writing.

**MEAL:**



PREP TIME:

NOTES:

COOK TIME:

FROM THE KITCHEN OF:

Notes area for the fourth meal, consisting of a large empty space with horizontal dotted lines for writing.

# go-to meals

<b>MEAL:</b> <input type="radio"/>	
PREP TIME:	NOTES:
COOK TIME:	
FROM THE KITCHEN OF:	

<b>MEAL:</b> <input type="radio"/>	
PREP TIME:	NOTES:
COOK TIME:	
FROM THE KITCHEN OF:	

<b>MEAL:</b> <input type="radio"/>	
PREP TIME:	NOTES:
COOK TIME:	
FROM THE KITCHEN OF:	

<b>MEAL:</b> <input type="radio"/>	
PREP TIME:	NOTES:
COOK TIME:	
FROM THE KITCHEN OF:	

# go-to meal ingredients

## PRODUCE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEAT/POULTRY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN GOODS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PASTA/RICE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BEVERAGES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DAIRY/DELI

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CANNED GOODS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BAKING/SPICES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BREAD/BAKERY/CEREAL

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MISCELLANEOUS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# go-to meal ingredients

## PRODUCE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEAT/POULTRY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN GOODS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PASTA/RICE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BEVERAGES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## DAIRY/DELI

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CANNED GOODS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BAKING/SPICES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BREAD/BAKERY/CEREAL

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MISCELLANEOUS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



























# Freezer inventory

ITEM

DATE

QUANTITY (AVAILABLE , USED )

ITEM	DATE	QUANTITY (AVAILABLE  , USED  )
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		





# Food for the week

	MEAL PLAN	DAIRY	SNACKS
S			
M			
T		GROCERY	BREAD
W			
T		BAKING	PRODUCE
F			
S		MEAT	FREEZER

# Food for the week

	MEAL PLAN	DAIRY	SNACKS
S			
M			
T		GROCERY	BREAD
W			
T		BAKING	PRODUCE
F			
S		MEAT	FREEZER

# Food for the week

	MEAL PLAN	DAIRY	SNACKS
S			
M			
T		GROCERY	BREAD
W			
T		BAKING	PRODUCE
F			
S		MEAT	FREEZER

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	MEAL PLAN	DAIRY	SNACKS
S			
M			
T		GROCERY	BREAD
W			
T		BAKING	PRODUCE
F			
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M			
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F			
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M			
T		GROCERY	BREAD
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F			
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M			
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W			
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